

APPALACHIAN TRAIL - CRAMPTON GAP TO WEVERTON

This section of the AT (Appalachian Trail) is probably the easiest for hikers who want to get on the AT but are not sure of their capabilities. The trail rises very gently out of Crampton Gap and then runs fairly flat for almost five miles. The only difficulty is the footing; the entire AT is very rocky, and care must be taken to avoid tripping or sliding.

It is easiest to do this section from north to south and park a car at each end. The mileage one way is 6.73 miles. Roundtrip mileage would be 13.46 miles.

One mile south of Crampton Gap is a granite memorial to Glenn Caveney, who helped maintain this section of trail. For the next 2 miles, notice stacked and oddly balanced rocks on the left of the trail. At 5 miles the trail starts to drop steeply. At 5.85 miles take the short trail down to Weverton Cliff. This is a magnificent view of the Potomac River gorge and should not be missed. Back on the AT descend steeply through 16 well-engineered switchbacks. WHAT A HIKE!!!

